

Healthy Living with

# Arthritis

**Free 1 Hour  
Public  
Seminars**

## SPEAKERS & TOPICS

*See the schedule on back*

### Physician/Surgeon

Arthritis Overview  
Diagnosis  
Medications  
Injections  
Surgical Options

### Dietitian

Healthy Eating  
Weight Loss  
Supplements

### Arthritis Resource Specialist

Local Resources  
& Programs

### Physical Therapist

Exercise Options  
Shoe Wear  
Lifestyle  
Modifications

A question and answer session will follow the speakers where you can have your specific questions answered.

## CONTACT

For more information, contact:

**Utah Department of Health  
Arthritis Program  
(801) 538-9340**

[www.health.utah.gov/arthritis](http://www.health.utah.gov/arthritis)



2005

## SCHEDULE 6:30-7:30pm

	TUESDAY	WEDNESDAY
KNEE	January 11	
	May 10	
	September 13	
HIP		February 9
	June 14	October 12
HAND	March 8	July 13
	November 8	
ANKLE/FOOT		April 13
	August 9	

## LOCATION

The Orthopedic Specialty Hospital (TOSH)  
5848 South Fashion Boulevard (300 East)  
Cottonwood Hospital Campus, building  
with the glass pyramid on the roof.

